



Michigan Department of Natural Resources

**BECOMING AN OUTDOORS-WOMAN**

**REGISTRATION FOR  
SUMMER WORKSHOP**



*This information is required by authority of the Michigan Department  
of Natural Resources for participation consideration.*

**YOU MAY NOW PAY FOR YOUR REGISTRATION ONLINE AT MICHIGAN E-STORE!**

**REGISTER EARLY!**

**WORKSHOP SPACE IS LIMITED**

**FIRST REGISTERED - FIRST ENROLLED**

**WHERE**

**BAY CLIFF HEALTH CAMP  
BIG BAY MI  
(APPRX 30 MILES N OF MARQUETTE)**

**WHEN**

**JUNE 3 – JUNE 5, 2016  
REGISTRATION STARTS @11 A.M.  
DEPART AFTER LUNCH JUNE 5TH**

**COST**

**\$185 – INCLUDES ALL MEALS,  
LODGING, AND EQUIPMENT (UNLESS  
NOTED IN CLASS DESCRIPTION)**

**CANCELLATION  
DEADLINE**

**MAY 12, 2016 NO REFUNDS ISSUED  
AFTER THIS DATE REGISTRATIONS  
STILL ACCEPTED UNTIL FULL**

**REGISTRATIONS WILL NOT BE ACCEPTED AT THE WORKSHOP!**

*Print or type. Use separate registration for each person; photocopy for additional registrants.*

Name		<b>You must be at least 18 years of age or older to attend this workshop</b>
Address		Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP		Dietary Preferences – be prepared to supplement as needed
Telephone (daytime) ( )	E-mail	Do you need to take the hunter safety class? <input type="checkbox"/> No <input type="checkbox"/> Yes
Emergency Contact Name and Telephone		Release Name for Carpooling Purposes? <input type="checkbox"/> No <input type="checkbox"/> Yes

**CERTIFICATION**

*I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**PHOTOGRAPH AND/OR VIDEO RELEASE**

*I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

**MI DEPT OF NATURAL RESOURCES**

**Attn: BOW**

**1990 US 41 SOUTH**

**MARQUETTE MI 49855**

**OR**

You may purchase your registration on Michigan E-Store at [www.michigan.gov/bow](http://www.michigan.gov/bow); however you **MUST** complete this registration & class description page w/classes picked and send or FAX to:

**MARQUETTE CUSTOMER SC – ATTN: BOW**

**MI DEPT OF NATURAL RESOURCES**

**1990 US 41 SOUTH**

**MARQUETTE MI 49855**

**FAX: 906-228-5245**

For more information please contact Sharon Pitz at the Marquette Customer Service Ctr – 906-228-6561 or email at [pitzs@michigan.gov](mailto:pitzs@michigan.gov) \*\*\* Please note you must send **OR** fax this registration page and the first page of the class descriptions w/classes picked to the Marquette office if you register on line **OR** if you send it in the mail!

**FOR DNR USE ONLY**

Index - 28315

PCA - 20000

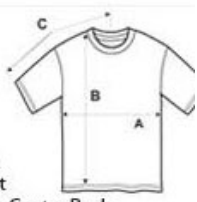
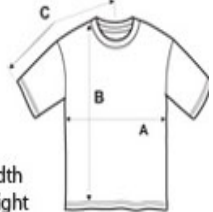
AOBJ - 9172



## ADDITIONAL REGISTRATION MATERIALS

**Please send a copy of this page (along with the registration page above) with your desired class choices below when you register to:**

**Department of Natural Resources  
Attn: Sharon - BOW, 1990 US 41 South  
Marquette MI 49855 (or fax 906-228-5245)**

Name	Telephone (during day) (     )																																																								
Roommates (Randomly assigned, unless names are requested here – dorm style) –max in a room is 7 students w/bunk beds© I cannot guarantee you a specific room or floor.																																																									
<b>Women's Wicking T-Shirt Size:</b> <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X Large <input type="checkbox"/> XX Large <b>Men's Wicking T-Shirt Size:</b> <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X Large <input type="checkbox"/> XX Large *** Women's sizes run small (by a size for most people) Make sure you check the size chart!!! <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <b>WOMEN'S Chart</b>  <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th>Size</th> <th>A</th> <th>B</th> <th>C</th> </tr> </thead> <tbody> <tr><td>SM</td><td>15 "</td><td>25 "</td><td>11.75 "</td></tr> <tr><td>MD</td><td>17 "</td><td>25.5 "</td><td>12.5 "</td></tr> <tr><td>LG</td><td>19 "</td><td>26 "</td><td>13.5 "</td></tr> <tr><td>XL</td><td>21 "</td><td>27 "</td><td>14.25 "</td></tr> <tr><td>2XL</td><td>23 "</td><td>28 "</td><td>15 "</td></tr> <tr><td>3XL</td><td>25 "</td><td>28.5 "</td><td>16 "</td></tr> </tbody> </table> <div style="text-align: center; margin-top: 10px;">  <p>A- Width B- Height C- Sleeve Center Back</p> </div> </div> <div style="width: 48%;"> <b>MEN'S Chart</b>  <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th>Size</th> <th>A</th> <th>B</th> <th>C</th> </tr> </thead> <tbody> <tr><td>SM</td><td>18 "</td><td>28 "</td><td>16.25 "</td></tr> <tr><td>MD</td><td>20 "</td><td>29 "</td><td>17.75 "</td></tr> <tr><td>LG</td><td>22 "</td><td>30 "</td><td>19 "</td></tr> <tr><td>XL</td><td>24 "</td><td>31 "</td><td>20.25 "</td></tr> <tr><td>2XL</td><td>26 "</td><td>32 "</td><td>21.5 "</td></tr> <tr><td>3XL</td><td>28 "</td><td>33 "</td><td>22.75 "</td></tr> </tbody> </table> <div style="text-align: center; margin-top: 10px;">  <p>A- Width B- Height C- Sleeve Center Back</p> </div> </div> </div>		Size	A	B	C	SM	15 "	25 "	11.75 "	MD	17 "	25.5 "	12.5 "	LG	19 "	26 "	13.5 "	XL	21 "	27 "	14.25 "	2XL	23 "	28 "	15 "	3XL	25 "	28.5 "	16 "	Size	A	B	C	SM	18 "	28 "	16.25 "	MD	20 "	29 "	17.75 "	LG	22 "	30 "	19 "	XL	24 "	31 "	20.25 "	2XL	26 "	32 "	21.5 "	3XL	28 "	33 "	22.75 "
Size	A	B	C																																																						
SM	15 "	25 "	11.75 "																																																						
MD	17 "	25.5 "	12.5 "																																																						
LG	19 "	26 "	13.5 "																																																						
XL	21 "	27 "	14.25 "																																																						
2XL	23 "	28 "	15 "																																																						
3XL	25 "	28.5 "	16 "																																																						
Size	A	B	C																																																						
SM	18 "	28 "	16.25 "																																																						
MD	20 "	29 "	17.75 "																																																						
LG	22 "	30 "	19 "																																																						
XL	24 "	31 "	20.25 "																																																						
2XL	26 "	32 "	21.5 "																																																						
3XL	28 "	33 "	22.75 "																																																						
Select and prioritize the <u>top (6) six class choices</u> you would like to attend, ranking from 1 to 6, from most desired (1) to least desire (6). The organizing committee will do its best to ensure that as many participants as possible are enrolled in their top four (4) choices.																																																									
____ <u>INTRODUCTION TO FIREARMS – CHECK IF NEEDED</u>	____ Kayaking	____ Walking Stick																																																							
____ Shotgun	____ Mock Archery Hunt	____ Read a Forest, Lately	____ Growing Fruit Trees																																																						
____ Handgun	____ Arrow Building	____ Wilderness First Aid	____ Wilderness Survival																																																						
____ Rifle	____ Fish Identification	____ Boating & Safety	____ Birding Basics																																																						
____ Gun Cleaning	____ Fly Fishing	____ GPS/GeoCaching	____ Paddle Boarding																																																						
____ Map & Compass	____ Lake Fishing	____ Adv. GPS/Geo Cach	____ Rock & Glass																																																						
____ Archery	____ Bugs, Bugs, Bugs	____ Backpacking/ Hiking	____ Advanced Hiking																																																						
____ Mountain Bike																																																									

## BECOMING AN OUTDOORS-WOMAN BIG BAY MICHIGAN June 3 - 5, 2016



The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a pool and sauna. Lake Superior & Lake Independence are close by & accessible for swimming/boating. Participants will need to bring their own personal items. **All rooms are dorm style; first floor rooms all have bunk beds. Bathrooms/showers will be shared.** (Please see suggested items to bring) **YOU SHOULD PLAN ON BRINGING A WATER BOTTLE TO MOST CLASSES☺**

Upon receipt of your registration and full payment, you will be notified by email or phone. Your class schedule will be sent by email/mail approximately two weeks before the workshop. Questions please call Sharon Pitz at 906-228-6561 or email at [pitzs@michigan.gov](mailto:pitzs@michigan.gov).

**\*\* PLEASE REMEMBER TO READ THE CLASS DESCRIPTIONS FOR ANY ITEMS YOU MAY NEED TO BRING WITH YOU FOR THE SPECIFIC CLASSES☺**

Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate, and S is strenuous exertion. Please know your own physical abilities. If the class is held inside for the entire time - **that is noted as inside.**

## Introduction to Firearms & Firearm Safety - FRIDAY EVENING

**(PLEASE DO NOT BRING YOUR OWN FIREARMS. THEY WILL BE PROVIDED.)**

**NOTE:** This session is required of all participants who do not possess a hunter safety certificate or a valid hunting license and plan to take a Firearms or Archery course. Participants in this firearm safety session will receive instruction in the safe handling of firearms, at home and in the field. Opportunities to handle rifles, shotguns and handguns in a supervised setting will be presented. Classroom demonstrations and visual aids will be used to assist the participant in the learning process. This does not count towards your four class choices.

**Shotgun - M** - Learn and practice different shotgun shooting techniques. Emphasis will be on safety, determining your master eye, proper stance, proper fit, safety equipment, how a shotgun works, and hands-on time to shoot and break clay pigeons. It is a good starting point for trap, skeet, and sporting clays.

**Handgun - M** - Participants will learn the basics of safe and responsible handgun handling and shooting. An opportunity to shoot the basic types of handguns will be offered. There is an additional charge of \$10 for this class for ammo - payable at registration.

**Rifle - M** - Learn different types of rifle safety and marksmanship techniques, practice proper stance, handling and shooting. You will have a chance to shoot a few different types of high powered rifles. Hands-on shooting at targets will be offered. There is an additional charge of \$10 for this class for ammo - payable at registration.

**Gun Cleaning - E (Inside)** - On Sunday we will hold a gun cleaning class. All of the guns need to be cleaned from the Firearms classes. If you are going to shoot, you need to clean right. You can take this class even if you didn't take a firearm class.

**Building Confidence w/ Map and Compass - M** - Acquire navigation skills for outdoor recreation by learning how to read basic maps while using a compass. You will be taught enough information to have confidence for going into the woods on your own. Your newfound skills will be tested when you set out through a short orienteering course through the woods and hopefully back!

**Archery - M** - We are changing this class up to accommodate more variety. The instructors will go over bow safety and introduction of the different types of bows available (compound, longbow, recurve). The equipment to use with bows and arrow choice (hunting vs. target), basic bow maintenance and shooting stations for both types of bows. One of the instructors builds her own arrows and that may be covered. If you have your own bow please feel free to bring it.

**Mock Archery Hunt - M-S** - This is an advanced class. Hunting will be discussed and different types of stands available. There will be a stand so students can shoot from. Please feel free to bring your own bow and/or stand and safety harness if you have one - If you would like to become more familiar with its use. We will have some on hand. We will go over the techniques for setting up a blind, focusing on deer trails, shot position, tracking, safety measures and following a mock blood trail. This class will require more physical ability than the regular archery class as we will be walking through the woods and climbing tree stands.



**Arrow Building - E (Inside)** - Participants will learn the importance of pairing arrows with their bow as well as common terminology used in arrow building. We will taper arrows, affix field points and nocks, and fletch (affix feathers) to the arrow shafts. Each participant will be able to take one arrow home with them if they choose. Some minor crestring could be done as well.

**Fish Identification - E (Inside)** - You need to know what type of fish you are fishing for, right? Learn the common popular fish species in the area, how to tie a hook on your fishing rod, examine the anatomy of a brook trout and the different types of lures you might use. You'll be shown how to fillet a fish and how to use catch and release techniques in this class.

**Fly Fishing - M** - This class will provide you with basic skills in maneuvering a float tube, casting a fly rod, and catching pan fish. You will be transported to Sauxhead Lake to try out your new skills using float tubes with waders. If you have your own equipment you can bring, but all equipment is provided.  
**Things to bring:** baseball type hat; Polarized glasses; Nail clippers. Fishing license is required. You may purchase a one day license for \$10. (Please purchase ahead of time - Crams in Big Bay does sell licenses)

**Lake Fishing - M** - This session will include, basic rod and reel selection, tackle and lures, basic knots, as well as how to clean and filet fish. **This will be an all-day course and count as two sessions offered Saturday only.** You will be transported to the Hoist Basin (near Negaunee) and spend the day fishing. A Sack lunch will be provided. You will be back in time for evening dinner at Bay Cliff. Participants may bring their own fishing equipment but, equipment is provided. Dress for the weather (see items to bring page).

This class is limited; if you have taken this in the past you cannot take it again due to the class limit size. Fishing license required. You may purchase a one day license for \$10. (Please purchase ahead of time - Crams in Big Bay does sell licenses)

**Bugs, Bugs, Bugs - E** - When is the last time you put on waders to traverse through a river? Or touched a bug you found in the water? Why not do both! This class will be held on the shores of the Yellow Dog River and based on a Volunteer Stream Monitoring Program held through the Yellow Dog Watershed Preserve. We will head to the river to suit up with waders and nets. Scooping and sampling in all the different habitats to see what bugs are living there. The bugs we are looking for are called macro invertebrates. They are small, but still visible. We will learn what it means for our water depending on what bugs we find, as different bugs can only thrive in certain cleanliness levels in the water. This is an excellent class for you to get outdoors, up close and personal with all the macro invertebrates you may have not realized were there. And to open up the many possibilities for you to get more involved with your own local Watershed Preserve.

**Kayaking - S** - This class covers basic kayak touring safety, types of kayaks, and the essential paddle strokes needed to enjoy kayaking. The course will help you develop skills in solo kayaking. Paddlers will learn what techniques overcome physical strength in kayaking. Skills will be practiced on the lake.

**Read a Good Forest, Lately? - E** - Like a good mystery novel, every forest offers obscure clues to the deepest secrets. The clues are hidden to casual observers & say more than you'd expect. Hike through the forest, develop simplistic observational skills, expose the clues & read the hidden pages in the forest story.

**Wilderness First Aid - E-M** - What's in your first aid kit? Find out which items you "should have" and which items you "must have." What are the most common injuries and illnesses? Do you know how to treat them? With hands on practical instruction and a variety of outdoor scenarios, you'll learn what to do when emergency help is delayed! Are you prepared to save a life in a wilderness setting?

**Boating & Safety - M** - Boating is fun and can be the means to get to the best fishing spots! Learn how to trailer a boat, back it down the ramp and launch it, then start the motor and operate the boat expertly and safely. You'll get pointers on driving the boat, rules of the waterways, anchoring, docking, and lots of great safety tips, too. Then, you'll motor the boat back to the dock and load it on the trailer again! Now, that's what we call independence! **A class on Friday evening will go over the safety portion that is a requirement for this class and to receive a boating safety certificate. Class is limited!**

**GPS/Geocaching - M** - Are you "lost" when it comes to using GPS technology? How would you like to be the one that leads with confidence in knowing exactly where to go without asking for directions! Have you heard "Geocaching" is fun, but never really understood what the term meant? In this class, we will teach you how to find your current location, where you were, where you're going and how long it will take to get

there. Join the fun in the woods and know where you are at the same time. Be ready to take a short hike outside and explore places that otherwise might be overlooked. You will learn a new use for your GPS unit for free outdoor fun with the family of all ages. GPS units will be provided for class use. (Bug spray, good shoes, and rain gear if weather calls for it, also small items to trade at the caches)

**Advanced Geocaching - M** - This would require some additional GPS skills. You must have knowledge of setting GPS coordinates and/or for those who have previously took a Geocaching/GPS class at BOW and you would like to fine tune/revisit your geocaching skills with more advancement of caches and terrain, this is the class for you.

**Backpacking/Hiking - S** - Learn the basics of backpacking including where to go, what gear do I need, how do I fit everything in a pack, once I get outdoors, how do I use all this gear and how do I stay safe from everything from animals to storms. This class will have a short indoor session followed by a mock backpack trip to a local venue. We will be bringing a variety of equipment and resources. Be prepared to get hands on with the equipment. **You may also have the opportunity to wear a pack if you choose to. Wear comfortable shoes/boots and bring your water!**

**Walking Stick - E (Inside)** - Take a hike, sister! You will design, carve, paint/stain and embellish an "heirloom & folkart" walking stick! We'll explore line, texture, color, and composition with your walking stick designs. Add an art aesthetic to your physical fitness routine; promote a healthy lifestyle by walking! Experience the success of using simple carving tools. **Things to Bring:** items for your stick - pins, silk flowers, doll heads, animal heads (toy), shells, beads, old jewelry, ribbon, etc.

**Growing Fruit Trees - M** - A hands-on workshop on the art and science of fruit trees, whether it is a dwarf tree in a pot or a family orchard. Participants learn by actually pruning and "working" trees in the Bay Cliff orchard. We'll consider site selection, soil, fruit varieties, rootstocks, planting, pruning, watering, fertilizers, pesticides, fungicides, organic sprays, pollination, thinning, pests, harvesting, storing, etc. - everything you need to know. We will practice grafting. **Things to bring:** Hand held pruners and Garden gloves, if you have - we will have some pruners available. Sharpen your skills and your loppers and let's get growing!

**Wilderness Survival - M** - Don't go into the Woods.....unprepared! Do you have the skills to survive a backwoods emergency? Do you know items you should never be without when you go into the woods? Let us show you some basic wilderness survival skills that will help you build the confidence you need to enjoy a hike, a float or any other outdoor experience. We will discuss survival skills such as fire building and basic shelter building and try your hand at building both. Don't let poor planning ruin a trip. The best time to practice these skills is before you need to use them.

**Birding Basics - E** - This class is a good introduction for those interested in getting out birdwatching. The classroom section of the course covers binoculars, spotting scopes, field guides, terminology and more before heading out into the field to put this information into practice. **Things to bring:** Binoculars, field guide, notebook, something to write with, bug spray, comfortable walking shoes.

**Paddle Boarding - S** - Downwind Sports of Marquette will provide paddle boards for this class. This is a very limited class due amount of paddle boards - if you have your own, and want to take the class please make a note of that on your registration. Wetsuits are required for this class. We do have two wetsuits on hand - otherwise you can try renting thru Downwind Sports. The charge thru Downwind is \$20. You will need to pick up/try on at the store. **(Please note that on your registration form and I will send you directions)**

**Rock N Glass - E (Inside)** - Learn how to make a mosaic from stained glass and other materials on rocks. You will learn about the different types of glass and how to cut to make shapes and designs as well as the mosaic and grout process. **Things you may bring:** beads, jewels or other memorabilia you would like to incorporate in your mosaic as well as your own rock or use ones we have from near the shores of Lake Superior!

**Advanced Hiking - S** - This is an advanced hike up Hogback Mountain near Marquette (off campus). The three mile hike will include a marked trail with elevation change and slippery rocks. This is a strenuous hike. For those that want to up their hiking ability; know your limitations as this is about a 120 minute hike. **Bring your water and a snack.**

**Mountain Biking** - S - Learn the basic rules of the trail and riding techniques, such as shifting, braking, hill climbing and descent, body positioning and navigating obstacles. Learn basic bike repair and inspection and review the best bike for your budget and style of riding. See the latest technology in

off-road bikes - maybe even the fat tire bikes will be back. Ready-to-ride Mountain Bikes and safety helmets are required for the class. You may be able to rent a bike from Marquette if needed. (call if you need additional info for renting)

**YOUR BOW CREW WELCOMES YOU!**







## MICHIGAN 2016 Becoming an Outdoor Woman (BOW) SCHOLARSHIP APPLICATION

Michigan BOW Scholarship applications are available for women 18 and older. The BOW scholarship is intended to enable women who, for financial reasons, may not be able to afford the BOW registration fee. Full and partial scholarships will be available on a limited basis. Determination of scholarship funding is solely within the rights of the BOW Committee organization.

To be considered for a scholarship the **Application Deadline is: May 2nd** for the June event at Bay Cliff. *(Please keep in mind classes are filled on a first come basis – so please consider getting your application in ASAP for best selection of your class choices if you are awarded a scholarship – we will notify you no later than May 9th if you qualify)*

You may email a copy of the scholarship application and any attachments to: [pitzs@michigan.gov](mailto:pitzs@michigan.gov) or fax it to 906-228-5245. For further information or clarification call Sharon Pitz at 906-228-6561. Everything submitted will be kept confidential. *If you have been awarded a scholarship previously you are no longer eligible for another scholarship thru the Michigan BOW program.*

### APPLICANT INFORMATION

Name \_\_\_\_\_ Phone (H) \_\_\_\_\_

Address \_\_\_\_\_ Phone (W) \_\_\_\_\_

City/State \_\_\_\_\_

Email \_\_\_\_\_

Are you a First Time Michigan BOW Participant? YES \_\_\_\_\_ NO \_\_\_\_\_  
*(Special considerations will be given for first time participants)*

Are you applying for a full or partial scholarship?

\_\_\_\_\_ - Full Scholarship \$185

\_\_\_\_\_ - Partial Scholarship \$110 (you will be responsible for \$75) – if awarded you will be notified and a check must be sent in order to participate in the program

### FOR OFFICE USE ONLY:

Date Received \_\_\_\_\_ Application # \_\_\_\_\_

Approved \_\_\_\_\_ Denied \_\_\_\_\_

**Application Questions:**  
**(Only fill out if you are requesting a scholarship!)**

Office Use Only: Date Rec'd _____ Application # _____ Full or Partial _____ First time BOW Participant Y or N _____
---

1. Why do you want to attend the Becoming an Outdoors Woman program?

2. What do you expect to learn from the BOW program and how do you anticipate sharing those newfound skills?

3. How did you hear about the Becoming an Outdoors Woman Program?

4. Please indicate the category that best describes your total annual household income from all sources.

___ Less than \$10,000	___ \$30,000 to \$39,000	___ \$60,000 +
___ \$10,000 to \$19,000	___ \$40,000 to \$49,999	
___ \$20,000 to \$29,999	___ \$50,000 to \$59,000	

5. How many people live in your household that are also your dependents? \_\_\_\_\_

**OPTIONAL**

6. If you choose, please clearly state your need for hardship assistance that may help us determine your financial picture in regards to attending this program. Indicate any special family situations, employment status, etc. (attach additional page if necessary)

## **SUGGESTED ITEMS TO BRING FOR THE WEEKEND**

### **Linens/pillows or sleeping bag/pillow - for your bed**

Bath Towels/Wash Cloth

Shampoo/Soap

Sunglasses/Sunscreen

**Water Bottle**/fanny pack or holder

Hat/cap (**NOTE**: hats/caps **not to be** worn while in the kitchen/dining room - Bay Cliff policy)

Jacket/Sweater

Jeans/Shorts (depending on weather)

Short/Long sleeved shirts (depending on weather)

Wicking shirts help keep moisture away from your body

Long socks for tucking in pants

Sturdy Shoes and/or Hiking Boots

Insect Repellent (Try something with Deet in it to keep Black Flies, Ticks, and Mosquitoes off)

Rain Gear or poncho or wind breaker

Alarm Clock (battery or electric)

Flashlight/headlamp

Swimwear -Thongs/flip flops - extra towel for pool/sauna

(**NOTE**: showers are open/shared with others-in pool area)

Long underwear (watch the weather - might be cold at night/early morning)

**Earplugs if you're a light sleeper or a possible snorer in your room/all rooms are dorm style - all first floor rooms have bunk beds**

Anti-itch cream; Hair dryer; Personal Items

Cup/Mug (there are no drinking fountains in the bedroom areas)

## **OPTIONAL ITEMS**

Chapstick

Camera

Cell Phone/Charger

Kleenex/medications/Head net

Deck of cards/book

Personal cooler

Mountain Bike/Bike Helmet

Games for Evening - Game Night

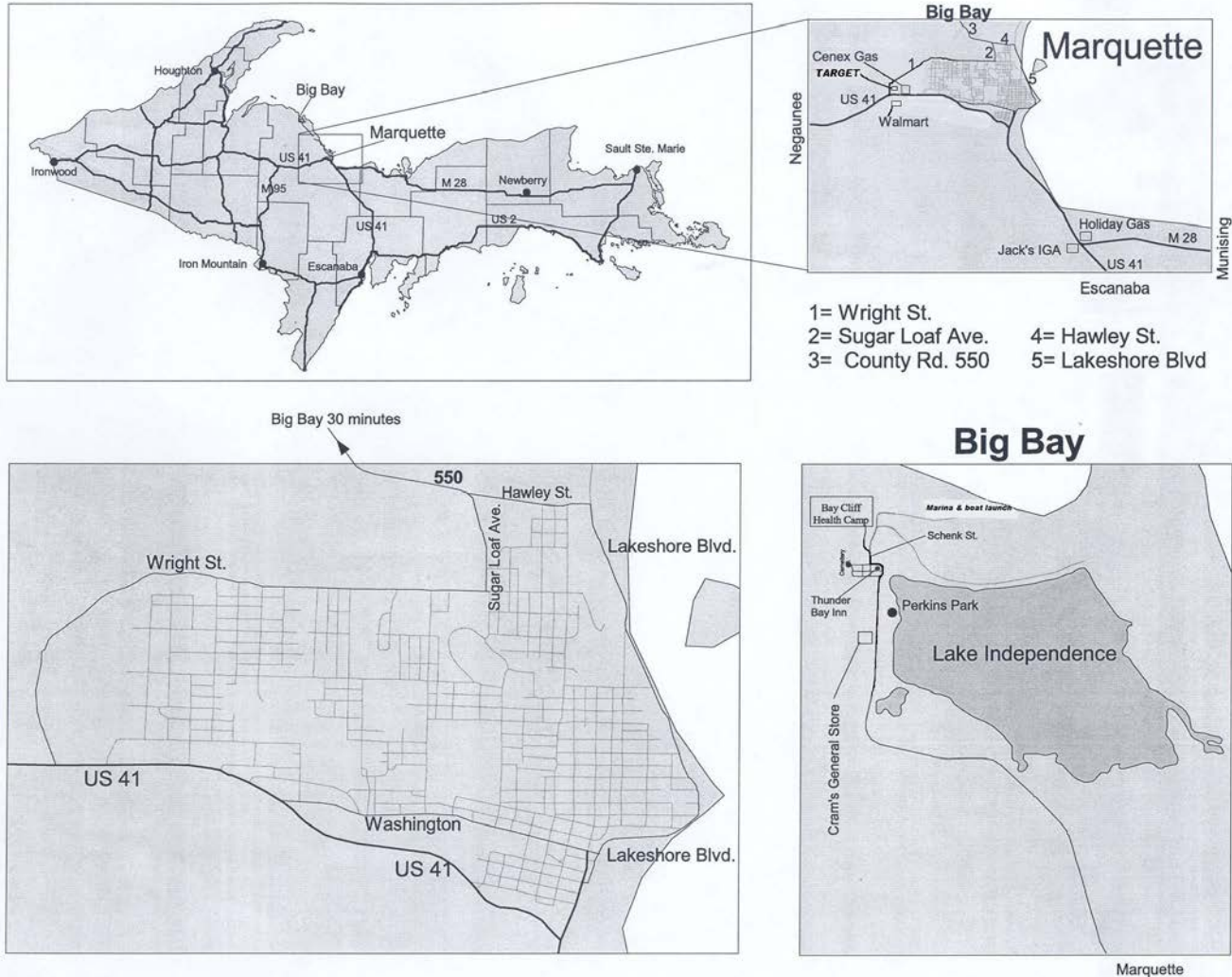
Money for any souvenirs/gifts to buy (there is a small shop at Bay Cliff - cash/check)

**PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A**  
**NON-SMOKING, ALCOHOL - FREE FACILITY**

**\*\*PLEASE NOTE** - The pool and sauna will be available for our use in the evening. There are extra shared showers and bathrooms in the pool building and extra bathrooms in the Auditorium and Dining room.

\*\*\*From where you will park your vehicle to your room there is a short hike. There are a few carts available near the entrance to Bay Cliff (in the parking lot area) that you may use. If you have your own, you might consider bringing it with you. Approximate distance is  $\frac{1}{4}$  mile (paved). Try to pack for what you can carry on your own as the carts get used up quickly - you may have to wait a while before it gets brought back to the parking area.

\*\*FOLLOW THE **ORANGE** SIGNS in the Marquette vicinity and in Big Bay that say "**BOW**" which will help guide you to Bay Cliff along with using the map below or using a gps/phone etc.



**\*\* PLEASE REMEMBER TO READ THE CLASS DESCRIPTIONS FOR ANY ITEMS YOU MAY NEED TO BRING WITH YOU FOR THE SPECIFIC CLASSES☺**

**Any questions - please contact Sharon at the Marquette Customer Service Center - 906-228-6561**